



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY NEWSLETTER 7/06

Editor: Spiros G. Drossoulakis, SRKHIA Secretary

Contact: spirosd@otenet.gr

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From the editor

As you have at your screen a rather long Newsletter, with many information to keep you company during the holiday season, there is one point that I want to focus your attention. The Fall Academy Gasshuku will take place from Friday 29 September to Sunday 1st October 2006. What you are required to do is early planning and register your participation by August 31st 2006. All info are found at the relevant section of this Newsletter.

You will also find the final Membership list for 2006. This year 123 members have registered their membership in the Academy. Although there less members than last year, it seems that a strong foundation exists, on which the Academy can develop in the future. At this moment Shihankai, together with the Executive board, works on certain organizational issues, which will allow the Academy to move forward. More information on that from September.

And now enjoy the contents of the Newsletter.

Academy Fall Gasshuku 2006

SRKHIA Shihankai has decided the conduct of a second Academy Gasshuku every year, thus providing more training opportunities for its members. Starting from 2006 the Fall Gasshuku 2006 will take place in Lilleshall National Sports Center in England, from Friday 29 September to Sunday 1st October 2006.

If you want to learn more about the venue, here are all necessary information <http://www.lilleshall.co.uk/> . The site is packed with information about Lilleshall Sports Center and well worth a visit to answer any questions.

Organisational Information

1. Participation to the Gasshuku is restricted to members plus one guest karateka, minimum Shodan grade, per participating member. As usual, cost for participating member is free, guest karateka should pay 50€ for participation cost. This guest participation cost should be paid in place.
2. Training Schedule
 - a. Saturday 09.30 -11.30 & 14.15 -15.45. Grading 1600
 - b. Sunday 09.00 - 10.30 & 10.45 to 12.15
3. **Application and full advanced payment** of accommodation cost from members / guest karateka must be forwarded to our Treasurer Mr Alan Armstrong **no later than 31st August 2006**. This may be paid by bank transfer or cheque in Stirling or Euro. **Applications or payments received following 31 August 2006 cannot be accepted**. Payment details are:
 - a. Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK
 - b. Account Name: Shotokan Ryu Kase Ha Instructor Academy
 - c. Account No:16412087
 - d. Sort Code: 60-05-16
 - e. IBAN No: GB33NWBK60051616412087
 - f. SWIFT CODE: NWB KGB 2L
 - g. If you choose a bank cheque or international money order, made them payable to Shotokan Ryu Kase Ha Instructors Academy and post them to our Treasurer, **Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England**, preferably by registered mail. Attention, cheques could be either £130 British pounds or 183 euros, whichever is more convenient to members.
 - h. An application form to be returned on time is found at the end of this Newsletter.
4. **Cost of room and full board accommodation**, which includes breakfast, lunch and evening meal, is £130 (182 Euro) per person, for the whole course. This does not include training fee for guest karateka.
5. Room occupancy will be available from approximately 12.00hrs Friday 29th September. All rooms must be vacated by 14.00hrs Sunday 1st Oct.
6. Reservations for 125 persons have been made, by English Shotokan Academy (ESA), as the event organizer, with the management of Lilleshall. Guests will be allocated on request either a single or twin bed room on a 1st come 1st served basis. PLEASE NOTE THAT BOOKING CAN BE MADE THROUGH ESA ONLY, SO PLEASE DO NOT ATTEMPT INDIVIDUAL BOOKING.

7. A good standard and healthy selection of food is provided and will meet the needs and tastes of most people. Food Service Times are fixed and are as follows:
- a. Dinner Fri 29/9:18.30 to 19.30
 - b. Breakfast Sat 30/9 & Sun 1/10: 07.30 to 08.30
 - c. Lunch Sat 30/9 & Sun 1/10:12.30 to 13.30 Sat/Sun
 - d. Evening Social Function & Entertainment, Sat 30/9: 19.00

8. Transport Arrangements, VERY IMPORTANT

- a. An **organised bus/coach** will be available Friday 29th Sept for members flying into Birmingham International Airport. The bus will leave Birmingham mid afternoon sometime between 14.00 and 16.00. This will be determined by the response received from members submitting flight arrival times and an analysis to determine best departure time for all. There will be a cost involved, which again will be determined by the member response received. An approximate price will be about £10 (14 Euro) single trip per person.
- b. The bus will depart Lilleshall Sunday 1st Oct shortly after room vacation at 14.00hrs.
- c. We may be able to organise other transport arrangements for members wishing to leave Lilleshall earlier, again this can be determined via the information we receive from members when submitting their application.
- d. **Train:** Take a direct shuttle service from BIA to Birmingham Central Station. From here change for Birmingham New Street Station and then connect and travel onto Telford. Total journey time is approximately 1 hour. Travel cost for open return ticket is approximately £11.40 (16 Er). From Telford a taxi to Lilleshall (approx 10 miles will be required)
- e. Trains are scheduled to run every half hour on weekdays. On Sundays the first train from Telford is scheduled from 09.00 and every hour after.
- f. It may be possible to organise pick-ups from Telford again dependant on the response from members wishing to follow this method of travel.
- g. Emergency contact numbers will be distributed prior to the event.
- h. **Hire car** is another good option Lilleshall is approximately one and a half hours from Birmingham Airport. From Birmingham Travel North to M6 Exit at junction 10A onto M54 Telford exit M54 at junction 3 and follow the A41 north towards Whitchurch continue onwards until the beginning of the A41 Newport bye pass. Lilleshall

National Sports Centre is signposted left off this road South of Newport. PLEASE REMEMBER THAT DRIVING IN UK IS ON THE LEFT SIDE OF THE ROAD

- i. Other Airports within close proximity of Lilleshall include **Manchester International Airport**, which is approximately two hours drive, and **Liverpool John Lennon**, which is approximately one and a half hours drive.
- j. Car Hire would be recommended for arrival at the above two airports and travel on to Lilleshall.

9. Lilleshall Address Details:

Lilleshall National Sports Centre
Nr Newport
Shropshire
TF10 9AT
Telephone: ++44 1952 603003

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

4.4: Speed - General Basic

4.4.1:Rationale

At this stage of training adequate conditioning of strength, flexibility and endurance should have been achieved. This is vital if injury is to be avoided during the extremes of speed training (Bloomfield, *et al.*1990).

The aim of speed training is to condition the athlete to move to a high velocity, employing maximal power when needed. The neuromuscular system must be conditioned to the sport specific requirements and as a very high anaerobic component (Bloomfield, *et al.*1990).

The term speed incorporates three elements: **reaction time**, **frequency of movement per time unit** and **speed of travel over a given distance**.

Watson (1995: pg.107) states "***Reaction time and initial rate of force development will determine speed for the combat sport participant***".

Ozolin (1971) cited by Bompa implies that there are two types of speed:

General - The capacity to perform any movement / motor reaction in rapid fashion.

General speed is a determinate factor for many sports in particular combat sports, including speed activities in training enhances high intensity training (Bompa, 1996).

Specific - The ability to perform an exercise or skill at a speed.

Reaction time and explosive movement are key factors of creating dynamic and explosive power on application of given skills.

During the first macrocycle phase of week's 7-14 training for development of general speed will take place.

This will provide a good base for the second macrocycle phase between week's 14 -21 were sport specific speed training, working on reaction time and co-ordination of limb speed will form the base of training. Utilisation of the many techniques of karate in specific and imaginative drills will be applied at this phase. This phase of activity will also provide a good foundation for the continuation of similar activity in the specific basic phase of training.

4.4.2: Training Schedule Weeks 6 - 21

Week 6

No tests for general speed were made during the conditioning phase. A simple test of sprinting speed over 30 metres may be applied. The sprint tests may be applied in forward and backward motion and each test should be applied three times. The best time and overall average time should be recorded for future comparison.

Weeks 7 - 14 General

Remember five important factors: **Intensity of Stimuli**
(Bompa, 1996). **Duration of Stimuli**
Volume of Stimuli
Frequency of Stimuli
Rest Intervals.

Many training variations exist to increase general speed. What is required by the karateka at this basic stage is a simple but effective training method.

Bompa (1996) believes repetition speed training is one of the most effective, it is a simple method that will be adapted by the karateka during this 1st phase and one that will act as a conditioner for the repetition of sport specific skills during the 2nd phase macrocycle.

Weeks 7 - 9 - Practice twice per week, forward sprints over 40 metres x 6 sprints per sprint cycle and three cycles per session. Allow 20 -25 seconds

recovery between each sprint, this will ensure training for speed development rather than endurance.

Week 10 - Recovery period - Practice as above reducing the sprint distance to 30 metres x 4 sprints per cycle.

Weeks 11 - 13 - Practice as weeks 7 - 9 but this time carry a small weight 1kg in each arm using a strong arm pumping action during the sprint. This training method is otherwise known as **speed resisted** training. The arm pumping action is quite similar to that of a straight punch application of karate.

Week 14 - Recovery period same as week 10.

Weeks 15 to 21 Specific

Repetitions of karate skill specific drills are to be applied twice per week utilising a wide range of techniques and tai-sabaki (footwork movement). Each short drill should be performed in a technically correct manner and repeated four to six times followed by a rest period five times longer than it took to perform each exercise (Chu, 1992); this again will help to ensure that speed is being developed rather than endurance.

A plus factor concerning this type of exercise is the development of associative and autonomous improvements to limb co-ordination and reaction time (Sharp, 1992).

Example Drills (small basic selection)

- **Gyaku tsuki** - (reverse punch) x 4 punches as **Ten no Kata** application.
- **Oi tsuki** - (stepping punch) x 4 as **Ten no Kata** application.
- **Kata** - use any section from any kata and repeat x 3 left and x 3 right sides.
- **Uke** - (blocking) select any uke and repeat x 6 in stationary base position.
- **Geri** - (kicking) gyaku-maegeri front kick from base stance and back x 6
- **Stance** - basic front stance switch from right to left maintaining same base height throughout each switch x 6. Gyaku tsuki may be simultaneously applied.

Many other movement combinations may be applied; all it requires is a good imagination to utilise the knowledge acquired via years of training experience. An important fact to remember though is specific overload training affects

need to be maintained, a conservative choice of appropriate drills will require consistent application throughout the training programme.

If any reader has a particular question related to any articles published to-date please contact me or forward your query to the editor of the newsletter and I will do my best to give an informative answer.

Budo themes

Do you think being too old to practice?

This is certainly a question each one of us has frequently been asked. Or we have asked ourselves. For people unfamiliar with budo, practice is “reserved” for certain age group, however we all know that budo practice has no age limit. Of training cannot be the same for all ages. So how it should be? What is the aim of training at different ages and what the relevant benefits for the budoka?

Mochida Moriji, *Kendo Hanshi 10th Dan (1885-1974)*, the last to be awarded a Judan (10 dan) grade in Kendo, who was practicing till the late days of his life, wrote his personal experience on that:

“There are many people who practice kendo that believe that they have completed their practice of the kendo fundamentals during the beginner stage and only attempt to relate to them theoretically thereafter. However, this is a big misconception to the pursuit of true kendo.

Until you are **50** years old, you must endeavour to practice the fundamentals of kendo and make it a part of you. It has taken me 50 years to learn the fundamentals of kendo by body. It was not until I became 50 years old that I started my true kendo training. This is because I practiced kendo with all my heart and spirit.

When one becomes **60** years old, the legs are not as strong as they once were. It is the spirit that overcomes this weakness. It is through a strong spirit that one can overcome the inevitability of the body becoming physically weaker.

When I became **70** years old, the entire body became weaker. I found that the next step is to practice the concept of not moving ones spirit (immovable spirit) when practicing kendo. When one is able to achieve the state of an immovable spirit, your opponent's spirit and will manifests itself to you. I tried to achieve a calm and immovable spirit at this stage in my life.

When I became **80** years old, I achieved the state of the immovable spirit. However, there are times when a random thought will enter my mind. I am striving to eliminate these random thoughts at this state in my life.”

I find these words of great value valuable for every budoka, since in the position of kendo you may put karate, judo etc..

Membership status:

The Membership list for 2006 was included in the last Newsletter, however some more membership fees payments were received by now. So an updated list is appeared at the end of this Newsletter. The same list will be shown in the SRKHIA web site www.shotokan-ryu-kase-ha.de soon.

I want to take this opportunity to underline a point. You are addressing me for wrong reference to your dan grades, however please keep in mind that especially when you are graded outside SRKHIA, unless you inform me, there is no way for me to be informed otherwise. So please do not forget to inform the SRKHIA Secretariat for any changes to your dan grades or changes to your e-mail address as well.

SRKHIA News

Report from SRKHIA Spring Gasshuku 2006

As I had announced in the last Newsletter (June 2006), there are two reports regarding the Spring Gasshuku 2006, which took place in Nahariya, Israel.

The first report is from Arie Farkash, who was responsible for the organization of the seminar.

Hallo all,

The event was very nice, The people that arrived are really nice and dedicated to Sensei.

Wednesday 31 may:

Most of the people arrived to Israel. They were welcomed at the airport and directed to Nahariya. Dirk Sensei and his Belgium group, The German group and the Spanish group used the opportunity and came to KSK Israel Honbu Dojo for a special Self Defense class that was conducted by Arie Farkash Sensei. The subject was "how to use the KSK principals with a rope."The rope can be a great weapon if you know how to use it" said Arie Sensei and that was very clear after that class.

Thursday 1 June:

The morning was dedicated for acclimatizing. We all went to the beach and enjoyed the Israeli sun and the Mediterranean Sea. At the afternoon we had the opening Session of the Gashuku. Sensei Dirk run a great class introducing the principals of KSK with Ten no Kata. Dirk Sensei did a great job.

Madam Kase and Sachiko Kase honored the event and joined us. They were very happy to see so many dedicated Karatekas joining together and learning Kase Sensei's way. The event was very emotional and with very good spirit.

At night we all went out to "Mul Haiam" restaurant to enjoy the local dish. It was a great start for a great event.

Friday 2 June:

We started early with a round trip to the Sea of Galley. At the early afternoon we had our Second KSK Gashuku class. Sensei Pascal Petrella started with the 8 block with closed hands combined with "Hente" and "Tai Sabaki". We had some bourses but every body was very happy.

At the second class, Sensei Dirk started with open hand techniques, Heian Sandan Omote, Ura and Go, followed by Jite Kata and Bunkai.

The evening ended at Arie Farkash Sensei's residence. We had a contest of BBQ and beers. The tired Guys showed strong spirit and tasted all the offered delicates.

They went back to the Hotel singing and looking forward to the next morning session.

Saturday 3 June:

The first session started at 10 AM. Dirk Sensei woke us up with breathing exercises, elevating the spirit with KSK principals and partner work.

The second and last session was conducted by Pascal Petrella Sensei. This was a great class, lots of work with partners improving the blocking skills.

At Lunch there was a successful Dan grading. Mr Steve Thompson from the UK passed his 6th Dan grading. Congratulation Steve!!

At the evening there was a nice surprise. We all went to "Pekiin" a "Druz" village for an authentic dinner. The atmosphere was great. The guys were dancing "Belly Dancing", singing and taking great photos. And, of course, the food was great.

Kase Family enjoyed themselves very much as well as the Guys. Sensei was mentioned many times. We all miss him very much!

Sunday and Monday:

We all hit the road for a memorable trip to Jerusalem; there we visited the Grave Church, the wall and other Holy places. The next day we visited Masada and the Dead Sea where every body floated and almost walked on the water.

The general thought was that although the high price of the ticket to Israel effort was worth every penny.

Many thanks to Kase family, Dirk Sensei, Pascal Petrella Sensei, and all the members that made it the KSK Gashuku. You showed a strong spirit, the way Sensei would want us to show.

Ossu

The second report is from Philip Lehrer, member of the Academy, from Belgium.

Before I start this report, I should like to wish a friend of mine lying in hospital in Dublin a complete recovery. I managed to visit Steve O'Connor on Thursday and Friday, just after the course. He was supposed to teach in Hasselt on the last weekend of August, invited specially by Dirk. He won't be able to this year. Hopefully he'll be able to in a slightly more distant future. Anyway his assistant Sean O'Riain will be coming over with some of Steve's pupils and they are more than welcome. To Steve's wife Aviva, also a karateka and their 2 little girls, we wish strength and guarantee all the support we can give.

On the 31st. of June, we, of the Belgian group, arrived in Nahariya station, after a long but uneventful journey. Picked up by some local karatekas, we were whisked off to the Plaza hotel, barely having time to put our gear in our rooms, before again being whisked off to the central dojo for our first training session, given by Sensei Arie Farkasz.

This was rather different to the way we usually train. It was actually a weapons course, consisting of the use of a short rope used to strangle and incapacitate an opponent, based on Heian ni and yondan. Very interesting. We felt like real commando's at the end of the lesson. We then went to the beach restaurant near the hotel, had a good meal and went to bed.

As the gasshuku only officially started the next evening and everybody hadn't arrived yet the 1st. of June was a free day. Most of the guys just rested and went to the beach 2 minutes away, but Dirk and I guided by Arie Gliksman (Arie F's sempai) popped off to the town of Acco to visit the remains of the

Knights Templar ruins. Dirk is very interested in this historical order and gave us quite a lot of information,(which I am still trying to digest).

After lunch and a short rest,all the delegations having arrived,we were driven off to Kibbutz Cabri, where the course was to start at 20.00 hours.

The first lesson was given by Sensei Dirk Heene.We worked on Ten-no Kata and its bunkai,variations on Henka Ten-no Kata with application of Hentei + gyaku uraken.Then we went back to the beach restaurant for a meal and everybody being present,were formally welcomed by Sensei Arie to the course and to Israel.

On Friday the 2nd. at 15.30 hours Sensei Pascal Petrella gave a lesson consisting of hentei/seitei counter attacks based on 8 closed fist techniques from kamae positions as well as the basic principles of the KSK.

At 17.30 hours,It was Dirk again.He had us work on Heian sandan omote, ura and go, as well as Jitte + bunkai of the first 4 moves and the comparison with the original Shaolin techniques, it being such a "Chinese" kata.

After having refreshed ourselves,back at the hotel,off we went to Sensei Arie's place,for a very nice barbecue where we all had the time to renew old and make new acquaintances, with the delegations coming from Belgium, Germany, Spain, England and of course the locals,the Israelis.Metal remembrance plaques were given to Kase-san and her daughter Sachiko-san, as well as to Dirk and Pascal.

Next morning at 10.00 hours,Dirk gave a warm up of a different style to what we generally see.It was energy exercises based on the strengthening of the meridians. We then worked on shiho-uke(blocks in 4 directions),based on kamae before and moving after a counter-attack.We worked with 2 opponents using seitei and gyaku uraken. We repeated Jitte, the aim being to give better insight in the bunkai of the kata in 4 directions.

Then to end the karate part of our trip,Pascal continued the training based on KSK principles.We worked on open hand blocks and Ko, Chu and O counters as well as Kawashi movements (Uke stepping past Tori's attack so as to be able to attack him from the rear).

At this time, the end of training,Steve Thompson, from England,passed his 6th dan grading in the presence of the 2 present Shihankai members. Congratulations Steve.

In the evening we all were taken to the Druse village of Peki'in, where we visited the cosmetics factory of "Savta (grandma) Amalia",where we bought all kinds of soaps and oils for our sweethearts at home.I had the immense pleasure of again seeing Arie G's wife, heavily pregnant, but lovely as ever. She's a 4th dan and it's always pleasant training with her. Maybe next time. We were then taken to a very nice Druse restaurant for a slap-up meal (some belly-dancing was also involved).

The next morning at 8.00 hours sharp, we took leave of Franky De Reu from Belgium, who had to leave us early, due to commitments at home. As I wasn't sure we had enough water,I left the bus to get some extra.Of course,looking through the hotel window, I saw the bus,majestically slip off into the sunrise, without yours truly on it. Madly racing after the bus,I litteraly held up a local for his mobile phone and managed to get the bus to come back for me. I'm still wondering if the guys weren't trying to tell me something.

After a short stop in Latrun we drove into Jerusalem, the city of gold. There we visited the old city;the church of the Holy Sepulchure,in the Christian

quarter, followed by the Bazaar in the Arab quarter. We then walked to the Jewish quarter, where after a tight security check, we arrived at the holiest Jewish shrine; the Western wall.

It was mid-afternoon now, so we drove straight down to Ein-Gedi. Here we stayed at a nice youth-hostel (our average age being about 43). Upon arrival we took a dip in the Dead Sea. I can still hear the cries of pleasure of Loris and Pilar as they floated on the water at the world's lowest point, the water being so salty that it is impossible to sink. One would have to be a genius to drown here. We then ate in the hostel dining-room, had a few beers, while chatting on the grass, before gently slipping off to sleep. Here I tried, unsuccessfully to teach the guys an Israeli song with a message, but more about the message later.

Next morning we were off to Massada, where we were given an excellent exposé by our great guide Simcha, on the Roman siege and murder-suicide of the Jewish zealots. The words: "Massada shall not fall again", gain added significance against the present-day background of what is going on between Arab and Jew in this tiny but so disputed land of Israel.

We were nearing the end of our adventure. Back we drove to Ein-Gedi where we visited the nature reserve and went for a dip in the pools. Then lunch and off to Kibbutz Ma'aleh Ha'Hamisha, where the hotel which was to be the jumping-off stage to our respective home bases is situated.

Most delegations left earlier than ours. We said our goodbyes and each went our separate ways. Dirk and Pascal still had some work, so I took the Belgians for a meal and to a nice pub in the new part of Jerusalem. Felix, our amicable cop was slightly apprehensive seeing so many girls walking around with guns. After a couple of beers, however, he relaxed and was again his usual life and soul of the party.

Next day, the 6th of June, on our way to the airport, the Belgian delegation stopped off at Latrun again. We visited the Armoured corps museum, where I explained some of the doctrine of the IDF to the guys. Then off to Ben-Gurion airport and back to Belgium.

This was a very successful course. Altogether there were only about 30 karatekas of which about half were from outside Israel. We trained hard and in our free time, were extremely well taken care of by our hosts. I should like to thank, on all our behalf: Arie Farkasz and his sister Sefi, Arie Glikzman, Loris and Simcha our jovial guide, and everybody else who contributed to make it so enjoyable. I am sure that they would have been able to do the same for 3 times the number of karatekas present.

And this to finish, the translation of the text of the song I tried to teach in Ein-Gedi. It is very appropriate to all of us in the KSK and further a field too.

HOW GOOD AND PLEASANT
IT IS TO BE
A BAND OF BROTHERS
TOGETHER
Oss,
Philip

On behalf of all of us, who were not able to make it in Israel, thank you Philip and Arie for bringing us the atmosphere of the course. And in order to have a more complete picture of the event, a couple of photos are found at the end of the Newsletter.

Recommended Courses:

Do you want to stay informed about courses in different countries by any or a particular instructor? Visit www.kamikazeweb.com and then follow the links for events. Our colleague Frank Schubert has a quite updated data base. In any case you may want to pay attention to the following information.

Lecourt Pascal, 5 dan and Shihankai member and Stevens Mark, 5 dan will teach a course in Dublin, Ireland, organized by Dublin Shotokan Karate Academy. The venue will be the Loughlinstown Leisure Centre, Loughlinstown Drive, Dunlaoire, Co. Dublin. Additional information including accommodation & directions are available on www.dublinshotokanacademy.com. For more information please contact Jerome Dupuch, tel +353 (0)879893765 - e-mail info@dublinshotokanacademy.com.

Farkash Arie sensei, 6th dan, will visit Australia from 14 – 16 July, to direct the Zanshin Shotokan Australia winter seminar. 3 days of Shotokan Kase Ha training. We are getting ready for the coming Zanshin Week. The plan is to work on HENTE and SEITE in combinations. Lately Zanshin members are doing very well in tournaments. This seminar is connecting the Kase Ha ideas and spirit to the daily training in order to improve and be more successful. The course is organized by Sydney City Dojo. Information please contact sensei Yosi Litvin 5 Dan (KSK member) toragold@ozemail.com.au

SRKH Finland has the pleasure to host Heene Dirk sensei, 7 dan and Shihankai member, from 26/7 to 6/8 2006, for two courses in the area of Pirkanmaa and Middle Finland. The first course will take place in Kangasala city from Friday 28/7 till Sunday 30/7 (Venue, Lukio school, Kangasala city). The second course will take place in Piispala, Kannonkoski from Wednesday 2/8 till Saturday 5/8. The whole program includes certain other social and leisure activities. Anyone interested in these courses may find course's details in www.kime.to or to contact the organizers, Janni Somppi, jani.somppi@meininki.com , gsm ++358 40 5272 975, or Jaakko Poikkimaki, jaakko.poikkimaki@moventas.com , gsm ++358 400 476 538.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will organize and direct the Summer Karate do Camp 2006, from 31 July – 5 August 2006, in the Vlassina Lake, Serbia. The natural environment, combining the lake with mountain, provides an excellent training environment. Accommodation and dojo are found in the same complex. If you want to study the secrets and a genuine approach to Kase ha Shotokan ryu you are invited in the Camp. For more information you may contact Dimitrijevic sensei, vebodo@gmail.com

Gomez Marco Alfonso, 5 dan, will direct the Kase ha Shotokan ryu National Seminar, from 4 to 6 August 2006 in Ibague, Tolima , Colombia. If you want to

travel at this part of the world you may find more information by contacting Ivan Bonilla Ortegón sensei 2 Dan or Carlos H. Lozano R. sensei 2 Dan F.C.K. e-mail, ivanefer@yahoo.com karorozo1@hotmail.com marcoalf@terra.es , web page <http://kaseha.esp.st/>

The 16th Eagles Challenge, organized by Eagles Karate and Bruwer Rudi sensei, will take place on 5th August 2006 in Matsport Center, Eldoraigne, Centurion, South Africa. The Competition includes Kata and Kumite matches, at different belt and age categories. Do you think joining the event and need more information? Contact Bruwer Rudi sensei, karate@eagles.co.za tel; 072 532 9999, www.eagles.co.za

The BKSA Annual Summer Course will take place from 25 to 27 August 2005, in Hasselt, Belgium (Sporthall KTA 1, Vildersstraat 28), under the direction of Heene Dirk sensei, 7 dan, assisted by Vanroy Mario, 5 dan, Veys Laurence, 4 dan and guest instructor Van Binst Francois, 6 dan. For more information or inquires, tel / fax 0032 11 727068, www.bksa.be, bksa.honbudojo@telenet.be

Farkash Arie sensei, 6th dan, will visit again Australia from 20 -22 October to direct the Zanshin Week 2006. This is the main event of this year. The seminar will take place by the lake and by the sea of Ballina, Australia, one of the nicest places in this world. This is the event that 6 years ago Sensei Kase visited Australia for the first time and accepted Zanshin Shotokan under his wings.

This seminar is dedicated to promote KSK direction. The last years Zanshin week turned to a very attractive event. People from all over the world are attending this seminar and booking, in advance, for the next one.

For more information please contact sensei Kora Nowak, Chief instructor of Zanshin Shotokan toragold@ozemail.com.au

Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 9 and 10 December 2006. Training includes Kase ha Shotokan ryu Karate do and Okinawan kobujutsu with guest instructors Dirk Heene, 7dan and Julian Mead, 6dan. Are you interested? Contact Enquiries to: Dick & Gertjan Fieret, e-mail: dfieret@zeelandnet.nl, tel: 0031 -115-696383 of 695072.

What if you combined karate with tourism in far away corners of the world? If you find it a good idea, here you are. Samedy Sivathana, 5 dan is organizing a visit to Camdodia, where training together with Cambodean Karate do Shotokan Academy and touring the country are combined, for the period from 26 December 2006 to 6 January 2007. In the coming days you will receive full information for this project.

Last but not least. Do you want information on courses that you organize or teach to reach Academy members? Please inform me timely so I can put them in this Newsletter. I see information on many courses related to the Academy in various sites on the Internet and it's a pity that this information never reached our Newsletter.

Recommended Internet sites,

www.bksa.be the site of Belgian Karate Shotokan Academy, led by Dirk Heene; www.vebodo.com the site of Velibor Dimitrijevic, 6 dan and Shihankai member; www.shotokan-ryu-kase-ha.de Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters; www.the-esa.info of the English Shotokan Academy; www.shotokanryukaseha.com Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; www.kamikazeweb.com Frank Schubert's site, with many items for on line shopping and information on courses with various instructors. Every member should have them on his Favorites list.

Does your organization, your club, or you, have a site with relevant information you want to share with other members? Send me the information and it will be put in the Newsletter, so all members will be informed.

Quotation of the month

"To know and to act, one and the same" Samurai maxim

There will be no Newsletter in August. The next Newsletter will be edited in the first week in September 2006. Stay strong, train hard and enjoy life.

Pictures of Spring Gasshuku 2006, Nahariya I srael



Heene sensei explaining application of techniques



Participants in the Gasshuku with mrs Kase

Last but not least, Dirk sensei in a special demonstration, performing the new kata of KSK curriculum, which focuses in demanding hara action and hara - hand movement coordination (Rumours that it is going to be a Shitei kata for Godan and above grading are not confirmed). It is worthy to note that Dirk sensei had been introduced to this kata during his first visit in Greece, back in 1987.



SRKHIA FALL GASSHUKU 2006 APPLICATION FORM

Member Name

Member status: Member - Guest

Contact details (e- mail / tel / address):

Accommodation Required: Single / Twin Room (specify desired roommate if any)

Flight Arrival time Birmingham.

Flight Departure time Birmingham

Organised Bus/Coach travel required from Birmingham Yes / No

Flight Arrival / Departure for other Airports .Man / Lvpl

Application forms should be returned to Alan Armostrong by e-mail, alan@armstrong-associates.net or post, *Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England.*

Your membership is confirmed when Accomodation Fee, £130 / 183 Er, is received.

Applications or fees received following 31 August 2006 cannot be accepted.

Shotokan ryu Kase ha Instructors Academy

as of 1/7/2006

Members (123)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	SMITH	Mark Paul	3 dan	Member
Australia	ZENEL	Edji	4 dan	Member
Australia	FENECH	Paul	4 dan	Member
Belgium	CROONENBORGHES	Felix	3 dan	Member
Belgium	HEENE	Dirk	7 dan	Member
Belgium	DE REU	Franky	4 dan	Member
Belgium	VAN HIDERDAEL	Francois	5 dan	Member
Belgium	MATTHEUS	Jos	4 dan	Member
Belgium	VAN BINST	Fransois	6 dan	Member
Belgium	LALLEMAND	Andre	4 dan	Member
Belgium	VANROY	Mario	5 dan	Member
Belgium	ACHTEN	Josef	3 dan	Member
Belgium	GOOR	Nico	3 dan	Member
Belgium	CASTRO	Livia	5 dan	Member
Belgium	VERSCHOOR	Raoul	3 dan	Member
Colombia	GOMEZ	Marco Alfonso	5 dan	Member
Finland	GALLEN	Tonni	3 dan	Member
Finland	SOMPPI	Jani	3 dan	Member
Finland	MIKKONEN	Sammi	3 dan	Member
Finland	NETTAMO	Pasi	3 dan	Member
Finland	LAPPALAINEN	Raimo	3 dan	Member
France	CLEMENCE	Jean Piere	6 dan	Member
France	TORQUATO	Jaques	4 dan	Member
France	ECHEVERRIA	Cruz	3 dan	Member
France	GARNERO	Bruno	5 dan	Member
France	LECOURT	Pascal	5 dan	Member
Germany	POSCHL	Abi	6 dan	Member
Germany	IBSCHER	Nico	3 dan	Member
Germany	SAMMARCO	Mario	6 dan	Member
Germany	SCHEURIKER	Gerhard	4 dan	Member
Germany	MANDERSCHELD	Franz Josef	6 dan	Member
Germany	KUNST	Rudiger	3 dan	Member
Germany	WICHMANN	Wolf-Dieter	7 dan	Member
Germany	GNEIPEL	Tino	3 dan	Member
Germany	SPRINZ	Oliver	3 dan	Member

Germany	TORSTEN	Heiber	3 dan	Member
Germany	PETRELLA	Pascal	5 dan	Member
Germany	HOLZHAEUSER	Ulrich	3 dan	Member
Greece	TSATSARAKIS	Nikolaos	4 dan	Member
Greece	DROSSOULAKIS	Spiros	4 dan	Member
Greece	DIMITRIJEVIC	Velibor	6 dan	Member
Ireland	HARTE	Tim	5 dan	Member
Ireland	ELLIS	Gary John	4 dan	Member
Ireland	DUPUCH	Jerome	3 dan	Member
Ireland	MERRIT	John	4 dan	Member
Ireland	O MAHONEY	Tadhg	3 dan	Member
Ireland	O' CONNEL	Findor	4 dan	Member
Ireland	O MAHONEY	Joe	3 dan	Member
Israel	SCHWARTZ	Leonardo	4 dan	Member
Israel	FARKASH	Arie	6 dan	Member
Israel	GLIKSMAN	Arie	4 dan	Member
Israel	GLIKSMAN	Iris	3 dan	Member
Italy	LLOYD	Peter	3 dan	Member
Kambodia	SAMEDY	Sivathana	5 dan	Member
Luxemburg	BETTENDORF	Steve	3 dan	Member
Netherlands	DUYX	Harry	4 dan	Member
Netherlands	FIERET	Gertjan	4 dan	Member
Netherlands	BROCKBERND	Andre	5 dan	Member
Netherlands	FIERET	Dick	5 dan	Member
Netherlands	SMAAL	Jaap	6 dan	Member
Netherlands	DUYX	Berrie	4 dan	Member
Poland	KONIECZKA	Grzegorz	3 dan	Member
Portugal	SOUSA	Carlos	4 dan	Member
Portugal	PACHEKO	Joaquim	3 dan	Member
Portugal	ROCHA	Miguel	5 dan	Member
Portugal	PORTAS	Reinaldo	5 dan	Member
Portugal	MIRANDA Garcia	Jose Luis	6 dan	Member
Portugal	LOBO dos Santos	Diamantino Jorge	3 dan	Member
Portugal	OLIVEIRA Silva	Antionio Eduardo	3 dan	Member
Portugal	MACHADO	Fillipo da Fonseca Moreiro	4 dan	Member
Portugal	SILVA Moreira da	Antonio Herminio	6 dan	Member
Portugal	CARRICO	Henrique	3 dan	Member
Portugal	REIS	Armando Egidio	3 dan	Member
Romania	PARASCHIVESCU	Theodor	4 dan	Member
South Africa	JACOBSZ	Karien	5 dan	Member
South Africa	BURGER	Koos	7 dan	Member

South Africa	PILLAY	San	6 dan	Member
South Africa	BRUWER	Rudi	4 dan	Member
Spain	SCHUBERT	Frank	4 dan	Member
Spain	LOPEZ Menendez	Inigo	3 dan	Member
Spain	MARTI Banuls	Lorenzo	5 dan	Member
Spain	DELGADO Herrera	Juan Pablo	3 dan	Member
Spain	FERNANDEZ Rincon	Martin	5 dan	Member
Sweden	BERTA	Josef	3 dan	Member
Sweden	PFAUS	Mona	3 dan	Member
Sweden	RAKAR	Thomas	3 dan	Member
Sweden	BAJRAKTARI	Milo	5 dan	Member
Sweden	HOLMEN	Per	3 dan	Member
Sweden	LESNIK	Rajmund-Rajko	5 dan	Member
Sweden	LESNIK	Bostjan	4 dan	Member
UK/ N. Ireland	SPEIGHT	Arthur	3 dan	Member
UK/England	CARNEY	Michael	3 dan	Member
UK/England	THOMPSON	Steve	5 dan	Member
UK/England	DUGGAN	Peter	4 dan	Member
UK/England	DUGGAN	John	4 dan	Member
UK/England	GILLIS	Ian	3 dan	Member
UK/England	WILKINS	Dave	5 dan	Member
UK/England	SHARPE	Paul	4 dan	Member
UK/England	WILLIS	Robert	4 dan	Member
UK/England	FEDYK	Les	3 dan	Member
UK/England	GOMERSALL	Norman	4 dan	Member
UK/England	ARMSTRONG	Alan	5 dan	Member
UK/England	WILLIAMS	Slater	6 dan	Member
UK/England	FREARSON	Lauren	4 dan	Member
UK/England	SPEED	John	4 dan	Member
UK/England	CARNEY	Terry	3 dan	Member
UK/England	BEASLEY	Geoff	6 dan	Member
UK/England	FEDYK	Michaylo	6 dan	Member
UK/England	HOPKINS	Sandie	4 dan	Member
UK/England	BARRON	Paul	5 dan	Member
UK/England	ERRINGTON	John	5 dan	Member
UK/England	HOOTON	Roger	5 dan	Member
UK/England	DIXON	Geof	4 dan	Member
UK/England	COWBURN	Michael	5 dan	Member
UK/Scotland	MARTIN	Jim	6 dan	Member
UK/Scotland	McGEOCH	Gerard	3 dan	Member
UK/Scotland	SAMMY	Paul	3 dan	Member

UK/Scotland	DUNKAN	Brian	4 dan	Member
UK/Scotland	CLARK	William	3 dan	Member
UK/Scotland	COWIE	Linda	3 dan	Member
UK/Scotland	FISHER	Zander	5 dan	Member
UK/Scotland	FISHER	Ian	5 dan	Member
UK/Scotland	COLLINS	Michael	3 dan	Member

Dormant Members (26)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	LITVIN	Yossi	4 dan	Dormant
Belgium	BRIJON	Frans	4 dan	Dormant
Belgium	LEHRER	Phillipe	3 dan	Dormant
Finland	LAASANEN	Jarmo	5 dan	Dormant
Finland	ANNUNEN	Hannu	4 dan	Dormant
France	SIEDLIS	Jean Luc	4 dan	Dormant
France	DOBERNIG	Maurice	4 dan	Dormant
Germany	ACHILLES	Jirka	3 dan	Dormant
Germany	HABERMEHL	Klaus	4 dan	Dormant
Ireland	Mc DONNELL	Colin	3 dan	Dormant
Ireland	SMITH	Dwane	3 dan	Dormant
Netherlands	LUITWIELER	Dorus	4 dan	Dormant
Poland	KURZAWSKI	Tadeusz	3 dan	Dormant
Slovenia	JAVORSEK	Ljubo	7 dan	Dormant
Slovenia	PLOSINJAK	David	3 dan	Dormant
Sweden	BOHLIN	Lotta	3 dan	Dormant
Sweden	JOHANSON	Andreas	3 dan	Dormant
Sweden	LINDQVIST	Jorgen	3 dan	Dormant
Sweden	GANIBEGOVIC	Ismet	4 dan	Dormant
Sweden	AXHEDEN	Patric	4 dan	Dormant
Sweden	AXHEDEN	Jessika	3 dan	Dormant
Sweden	MENDEL	Peter	3 dan	Dormant
Sweden	OPELOSKI	Mirce	6 dan	Dormant
UK/England	HALLIDAY	Brett	5 dan	Dormant
UK/England	BOWES	John	3 dan	Dormant
UK/England	BARKER	John	3 dan	Dormant

Suspended (26)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	
Andorra	CHEMELLO	Laurence	3 dan	
Andorra	DELPINO	Floreal	6 dan	
Belgium	VEYS	Laurence	4 dan	
Belgium	STEVENS	Mark	5 dan	
France	VERBEEK	Alain	6 dan	
France	LEROMANCER	Christian	4 dan	
Germany	GRIEBENOW	Kark-Heinz	5 dan	
Germany	NEBLUNG	Veit	3 dan	
Germany	RATSCHKE	Lothar Josef	6 dan	
Germany	ACHILLES	Willfried	5 dan	
Germany	WINKELMAN	Jes	3 dan	
Ireland	HOSEY	John	4 dan	
Italy	MENEGAZZI	Renzo	3 dan	
Italy	PURICELLI	Luciano	6 dan	
Italy	RIZZO	Davide	4 dan	
Poland	KONIECZKA	Grzegorz	3 dan	
Portugal	RAMALHO Duarte	Vitor Manuel	5 dan	
Portugal	REGADAS	Antonio	4 dan	
Portugal	SALES Alves Braga	Carlos Manuel	3 dan	
Spain	MUNOZ I OTTI	Miguel		
Spain	GOMEZ MARTINEZ	Marceliano	4 dan	
Sweden	EMANUELSON	Roland	3 dan	
Sweden	ASIMAKIDIS	Giannis	4 dan	Resigned
Sweden	LERIC	Igor	3 dan	
UK/England	FAWCETT	Fred	5 dan	
UK/England	CUSIC	Andrew	4 dan	